

# The Scout Trail

Vol. 50, No. 11 Published in the interest of Fort Huachuca personnel and their families March 18, 2004



See Winding Road, Page B4

## ‘Running is cool’

### Kids run Annual Myer Run for fun

BY SPC. MATTHEWE E. CHLOSTA  
SCOUT STAFF

There was a starting pistol, a scratchy megaphone and many tongue depressors at the annual Myer One Mile Run, 9 a.m., March 12 at Myer Elementary School.

But the only sickness the kids had was the love of running, and the tongue depressors were given to the kids at the finish line in the order that they finished.

The race was organized by Don Tordsen, physical education teacher, Myer Elementary School, who started all the races with boisterous enthusiasm, augmented by a blaring handheld megaphone.

“We focus on cardiovascular fitness,” Tordsen said. “This run will get the kids focused in on the Cochise Youth Classic which will be held in two weeks. Our



Many students were encouraged by parents during the annual Myer’s Elemenatry School Mile Run, including Isley Young, kindergarten, and Staff Sgt. Stratie Young, drill sergeant, Company E, 309th Military Intelligence Battalion.

motto is, ‘teaching kids to run.’”

The day started with the parents, faculty and staff one mile run, for extra motivation for the kids.

“I ran to inspire my daughter, give her the desire to carry on,” said Staff Sgt. Edward Robinson, Company E, 305th Military Intelligence Battalion.

“I ran because my son wanted me to,” said Sgt. 1st Class Chad Dean, Company E, 305th MI Bn. “It’s really good because they run at lunchtime. Mr. Tordsen does a good job motivating the kids, getting them physically fit. It helps them in their health throughout their life.”

After the older folks came the youngest athletes there, the kindergarteners, who led off the students’ portion of the race.

To qualify to run the kindergarteners’ race, the kids had to have previously run the mile in under 15 minutes, Tordsen said.

Before the race, one kindergartener revealed his strategy, “I want to get out there and win,” said Jared Bernal, 6.

The starting pistol popped loudly, and the little tykes were all arms and legs as they ran their first of four laps.

Many of the student runners had friends, parents and family members run alongside for motivation and inspiration.

After the little ones’ legs stopped churning, the rest of the races were run by grade, either male or female.

Jasmine Monette, 10, 4th grader, said she was running because, “It’s cool. It’s awesome.”



Photos by Spc. Matthew E. Chlosta

Fourth graders Bryce Jacoby, extreme left, Daniel Madarang, left, Peter Ruiz, center, Weston Goode, right, and Aaron Kilty, extreme right, ran in the annual Myer’s Elementary School Mile Run, March 12.

“I’m running to get energy to keep me alive,” said Jennifer Baier, 9, 4th grader. “I think he [Tordsen] wants us to be fit. He makes it fun.”

Kayla Andrews echoed her friends’ earlier sentiments, but added a little extra. She said, “I’m running just to run with my friends and for my mom. My goal is to finish the race. We feel good about it.”

Medals were given out in each grade for first through 10th place; T-shirts were given out for kids who finished first through third, and Water Wise water bottles were given out to various high-placed finishers.

A few of the runners were able to talk after the race, including fourth-grade girls’ one-mile race winner Amber Shaffer, who said, “I feel really good. I feel really tired.”

Daniel Madarang, 9, 4th grader, summed the day up best after his race was over. He said, “I will continue to run, until I’m old and retire.”

## Intramural soccer nailbiter ends in OT

BY SPC. MATTHEWE E. CHLOSTA  
SCOUT STAFF

Being downwind was a bonus, as the dirt on the playing surface swirled around on the warm and windy March 10 night at Brock Field during a hard fought intramural soccer match between Medical Activity Command and Company C, 304th #2 that went into overtime.

Before the game, team Captain Greg Pieknik, Company C, 304th #2, said, “Our goal is to score our first goal of the season tonight. After we score a goal then we’ll work on a W [win].”

The first half of the game started out with a lot of

midfield hustle and bustle play and a few occasional runs at the goal by both teams.

Then around the 10th minute of the first half, Miguel Martinez, MEDDAC, broke through on a fast break and slammed the ball past the outstretched hands of Goalie Matt Draker, scoring a 1-0 lead.

But, Company C, 304th #2, remained undaunted and rose to answer their captain’s pre-game challenge by scoring their first goal of the season.

Talon Anderson, Company C, 304th #2, poked a header into the net past Goalie Joseph Brown, off an assist on a throw in from Pieknik. The goal knotted the game at 1-1, where it would remain throughout the

remainder of the half.

“We’ve got the wind in the second half,” said Captain Gerard Galindo, MEDDAC, at half time. “In the second half we need to finish the opportunities that we do have.”

The beginning of the second half was marred by an ejection of one of Company C, 304th #2’s players, which caused them to play the rest of the game one man down.

After the red card, and with the wind now at their backs, MEDDAC was able to take control of the game. They fired a barrage of shots at Draker, who swatted away shot after shot and plucked soccer balls out of the air like a hungry youngster grabbing M & Ms.

When regulation time was called, the teams gathered in huddles and prepared for overtime.

Immediately after the first overtime period whistle blew, MEDDAC went on the attack and less than two minutes later Chris Rockwell, MEDDAC scored the game winning goal on a pass from Galindo.

“It was a beautiful cross right to the back corner and I was able to put it in,” Rockwell said after the game.

“We just hung in there, didn’t quit, didn’t let down.”

“We’re coming together, more and more each game, as a team,” Galindo said.

Company C, 304th #2 could bask in the glow of accomplishing one of their



Photo by Spc. Matthew E. Chlosta

Hard fought midfield play by Baltazar Ojorio, MEDDAC, left, and Talon Anderson, Company C, 304th #2 right, helped cause overtime in intramural soccer action, March 10.

pre-game goals, but Pieknik said afterward, “We want to win one before the season is over. They [MEDDAC]

played a good game. This is the best effort we put out. They [MEDDAC] had a good goal at the end.”

## Wildcats claw Strikers in youth basketball

BY SPC. MATTHEWE E. CHLOSTA  
SCOUT STAFF

The Strikers got run over by the Wildcats in a bantam league youth basketball game March 10 at Apache Middle School.

With a full court press applied effectively from the opening tip, the Wildcats jumped out to a 11-2 halftime lead.

Coach Willie Henderson, Strikers, com-

mented at halftime on what his team needed to do to get themselves back in the game during the second half. He said, “I want them to shoot more. We can’t win basketball games if you don’t shoot more. They’re nervous. The goal is for them to win the basketball game. They need to have confidence in themselves.”

But, even with a full court press of their own and Henderson calling several time outs to stop the Wildcats’ momentum, the Strikers couldn’t

capitalize on the opportunities created by the Wildcats’ turnovers.

The score after three quarters of play was 21-2 in favor of the Wildcats, who had extended their lead by 10 points since halftime.

The Strikers kept up the fight and outscored their opponents 8-5 in the fourth quarter, but the damage had already been done.

Final score was Wildcats, 26, Strikers, 10. Afterward, Wildcats Coach Michael Myles

described how his team won the game, “We played well as a team, passing the ball, playing defense.”

The goal for the rest of the Wildcats’ season is, “To become better as a team and become more fundamentally sound,” Myles added.

As for the Strikers, Henderson said they will carry on learning the fundamentals, which his players will take with them for the rest of their season.

## Local NASCAR raceway offers free admission to personnel

BY TANJA LINTON  
MEDIA RELATIONS OFFICER  
USAIC&FH PAO

Southern Arizona’s NASCAR racing facility is offering free admission to Fort Huachuca personnel and its neighbors outside the gate.

Tucson Raceway Park will let post and area residents take in the races for free April 10, by showing military or

civilian ID connecting them with Fort Huachuca. Additionally, showing an Arizona driver’s license with an address in Hereford, Huachuca City and Sierra Vista serves as a free ticket. Super Late Model (Triple Crown), NASCAR Late Models, Mighty Compacts, and Factory Stocks are scheduled to race that day. Gates open at 5 p.m.,



qualifiers begin at 6 p.m. and races begin at 7 p.m. TRP is Arizona’s only NASCAR sanctioned paved short track in southern Arizona.

For more information on TRP and directions on how to get there, click on [www.tucsonracewaypark.com](http://www.tucsonracewaypark.com) <<http://www.tucsonracewaypark.com>>.



Fit For Life

Reader’s questions answered, comments addressed

BY GEORGE R. COLFER, PH.D  
CONTRIBUTING WRITER

This week’s column will be committed to “catching up” by addressing readers’ inquiries.. The previous article on diets and dieting has drawn the most interest.

**Q - I found the terminology/definitions in the discussion of the running movement a bit unclear (Jan. 8). Anything you can add to help?**



A - I’ll try to improve on their clarity. The mechanics of running and running form are “textbook - type” definitions that state what “should be” for correct performance of the running stride or movement. Running posture is what each individual

actually does when performing the running movement. This allows for individual variations from ideal running form. As previously stated, efficient running is not always characterized by perfection in form and mechanics. Running posture and style allow and take in consideration individual differences. A runner should not feel he or she is doing something wrong if their running posture traits do not conform to textbook standards.

**Q: What's wrong with insurance company height/weight tables? I'm 45 and retired. I'm underweight by**

**their standards, and I don't exercise at all.**

A: Even lean people may have high body fat content, especially if you do not exercise and are inactive. You're fortunate that heredity has treated your body weight well. My suggestion would be to have your body fat percentage taken for health's sake. I would recommend beginning some type of aerobic activity to improve cardiovascular fitness, and I also hope you don't smoke cigarettes.

**Q: My BMI is 18. I'm more fit and active than most of my friends. Why am I considered underweight?**

A: Your being considered underweight is not necessarily bad as long as your energy level is high and your health is good. You don't say whether you are male or female, but I would guess you are or were a participant in activities such as cross-country, gymnastics, wrestling or dance. If you are not presently involved in some form of strength training, I would recommend it to increase muscle mass and possibly gain some lean body weight. Your underweight status is not harmful as long as you are fit and healthy. However, people who are underweight by BMI standards are at a greater risk for eating disorders like anorexia and bulimia, which usually occurs more in females than males.

**Q: Where can I have my body composition assessed at Fort Huachuca?**

A: The Sports Branch, located at Barnes Field House (Building 61701) will perform body composition testing. One needs to call Kathy Gray for times and appointments at 533-5031. Barnes Field House also has a well-equipped fitness center with an excellent selection of strength and cardiovascular equipment to meet one's fitness needs.

**Q: Can one achieve physical fitness through sports participation alone?**

A: Possible, but not likely in adult life without additional activity. Very few sports alone will contribute to overall fitness. The best solution would be to incorporate fitness activities into sports participation. For example, a weekend golfer or tennis player, instead of remaining inactive all week, could prepare by jogging or running two or three times during the week and performing strength, muscular endurance and flexibility exercises on alternate days. This would help maintain health-related fitness and improve upon conditioning for the weekend games.



**Q: What are lifetime sports?**

A: By definition, lifetime sports are sports, games or activities that can be participated in by adults throughout their lives. Contact sports, such as football, ice hockey, boxing and wrestling, would normally lie outside this category. Otherwise most sports and games would be included.

The lifetime sports concept emphasizes participation over competition. The purpose is to keep people active throughout life. Fitness activities alone are not considered lifetime sports. Therefore, participation in lifetime sports does not guarantee health related fitness, especially in the development and maintenance of cardiovascular fitness.

Dieting

**Q- What percentage of dieters keep the weight off?**



A- No one really knows for sure, but it is estimated that about one out of five are actually successful in keeping lost weight off. With obesity so prominent, there is no accurate way to know for sure. More studies are forthcoming and may vary either way. One published source states that about one-third of dieters gain back all lost weight within one year and within five years the other

two-thirds gain back all lost weight if they don’t stick with their diet plan. This only reinforces that weight loss, just like physical fitness, is a lifetime commitment.

**Q - You mention that in dieting, success will become the greatest motivator. What do you mean by this?**

A- When one sees the result of their efforts (i.e., actual weight loss), they have shown success. This in turn provides motivation to continue. Failure at any task is a major cause for people to quit. Remember, short term goals lead to long term goals. If one’s long term goal is to lose 50 pounds, the first goal (short term) could be a five pound loss. That would show

success and give motivation to continue until the long term goal is reached. Another answer to your question adds a humorous touch: “Success in dieting is when you open a bag of pretzels which contains ten servings and you make it last eleven days!”

**Q- What if I want to gain weight?**

A- Not everyone can gain weight effectively. People with a high metabolic rate and an ectomorphic body type (lean) may have difficulty. My first thought is what is your purpose? If the gain is wanted for appearance or to improve body strength, the general concept is proper nutrition along with strength training - increasing caloric intake with foods from all three elements along with strength training and aerobic activity of moderate intensity to stimulate muscle growth. Intake must exceed output. It has been stated that to gain a pound of lean body weight requires 2,500 calories as compared to 3,500 to lose a pound of fat. Whether this is completely accurate or not, I would caution against “binge” type of eating. Weight gain should be approached seriously as one does not want to gain “fat weight.” Therefore, weight gain should be a gradual process, no more than one or two pounds per week until ideal body weight is reached. The physical activity is necessary to gain lean body weight and muscle mass. Lastly, I would check your present weight to BMI Standards (Fit for Life – Nov. 13). Unless you fall into the underweight category, I would be hesitant to recommend weight gain. One can gain strength and be physically fit without excessive weight gain. Extra body weight may not be desired in later life and can be very difficult to lose.

**Q- What is wrong with the lo-carb diet? I get the opinion that you don’t think much of them from the last two articles on nutrition and diets.**

A - I don’t approve or disapprove of the various low carbohydrate diets. I like to think people are going to be physically active and exercise as part of a dieting program. For the physically active person, carbohydrate becomes an essential food element for proper nourishment and energy to sustain activity.

What I don’t like about some lo-carb diet programs it that they advertise “no exercise necessary,” when it is a fact that food modification and regularly scheduled exercise are two key factors to a healthy lifestyle and weight management. Actually, it would be healthier for a person to be physically fit and overweight (not obese) than to be physically unfit and lean. This is how important a part regular exercise



plays in a health and fitness lifestyle.

Cholesterol



**Q - In the wellness article on Jan. 22, there was no mention about cholesterol. Do you have information about cholesterol types and levels.**

A - High cholesterol has been identified as a risk factor for heart disease because it can lead to a narrowing of the arteries. It can contribute to a heart attack,

stroke or reduced blood flow to the extremities. A total cholesterol test including triglycerides level is normally taken from blood work analysis as part of a complete physical examination. The results would then determine how often one needs to be tested.

Cholesterol is a white, fat-related waxy substance manufactured by the liver. It is essential to maintain cells, make hormones and bile salts. Total cholesterol is made up of LDL (low-density lipoprotein), HDL (high-density lipoprotein) and VLDL (very low-density lipoprotein). High levels of LDL are associated with plaque on artery walls, causing them to narrow and restrict blood flow. HDL or “good” cholesterol helps prevent plaque. The ratios between these lipids is very important. The first step in lowering LDL is a diet

low in saturated fats (see Fit for Life, Feb. 19). Sustained aerobic exercise (running, cycling, swimming, etc.) has proven beneficial in raising HDL levels. Treatment other than diet modifications, weight reduction and exercise should only be determined through medical consultation. Note that you may have to request a total cholesterol test with ratios from your physician. Total cholesterol alone is not sufficient for a complete analysis.

To obtain the latest information on cholesterol and triglyceride levels for good health, I consulted with Kenneth Ciolli, MD. Ciolli is a family practice and sports medicine certified physician practicing in San Antonio, Texas. He states that optimum levels can be broken down into two categories. First (category A) is the standard for those with risk factors for coronary disease, a

history of heart disease or persons who otherwise may be unhealthy for various reasons. Second (category B) is for the healthy individual without any risk factors.


Category A	Category B
Total Cholesterol <200	<230
LDL Cholesterol <100	<130
HDL Cholesterol >45 (men) >55 (women)	>45 (m) >55 (w)
Triglycerides <100	<149
HDL/Tot. Chol. Ratio <3.5	<3.5
Trigly/HDL Ratio <2.0	<2.0

Ciolli further states that statin drugs are not always the answer. Dietary approaches using water-soluble fiber foods (oatmeal, oat bran, whole oat cereals), fish oil and omega 3 fatty acids (deep, cold water fish and plant oils), soy in the form of tofu, Vitamin E and B-3 all have shown effects in lowering LDL cholesterol

and/or triglycerides. In some borderline cases taking an 81 mg. aspirin daily may reduce the risk of cardiovascular disease. However, he adds “this is not a matter of self-diagnosis. Only complete test results, the patient’s history and present condition, and the physician’s recommendations all need to be considered.”







# FORT HUACHUCA DIRECTORATE OF MORALE, WELFARE & RECREATION

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com)

**Bicycle criterium starts today**

The Sports and Fitness Branch will present a Bicycle Criterium Race Series at 5 p.m. every Thursday through April 29 at Brown Parade Field. Everyone from novice class to expert is invited to compete. Only road bikes will be allowed. For more information, call Les Woods at 533-4823.

**Free shadow box making demo**

A free demonstration on shadow box making will be presented 1-2 p.m., Saturday at the MWR Arts Center. The demo will show a fun, easy way to make shadow boxes with the new “memories” shadow box kits. The Arts Center is currently offering classes on utilizing these kits.

For more information, call 533-2015.

**Pistol competition Saturday**

A 9mm pistol competition is scheduled to start at 10 a.m., Saturday at the Sportsman’s Center. For more information, call Mick Gue at 533-7085.

**Annual Puka Elaban Open at MVGC**

Mountain View Golf Course will host the 4th Annual Puka Elaban Open with an 8:30 a.m. shotgun start Saturday. The format will be a 4-person scramble.

Entry fee is \$30 per person for members and \$50 per person for non-members and includes green fees, cart and the luau after play. A portion of the entry fee is donated to the Cochise County Junior Golf program. Tournament participants may bring guests to the luau, for the cost of \$5 per guest. Non-participants will be admitted to the luau for \$7.50 per person.

For more information, call 533-7088.

**Boating safety class scheduled**

MWR Rents will offer a boating safety class 8 a.m. – 5 p.m., Saturday at the MWR Rents Building 70914, Irwin Street. The class is free and open to the public.

Completion of a boating safety class is required for anyone who wishes to rent a boat from MWR Rents. For more information, call 533-6707.

**Tickets for ICW Superstars go on sale Monday**

Tickets for the ICW Superstars of Wrestling go on sale Monday at the MWR Box Office, MWR Rents, Desert Lanes and Sierra Vista Safeway. The Superstars of Wrestling will return to Fort Huachuca 7 p.m., April 17, at Barnes Field House.

Tickets will be \$8 in advance and \$10 at the door, and children 6 years and under will be admitted free. Call 533-2404 for ticket information.

The card will feature the following combatants: Rick Steiner Disco Inferno, Frankie Kazarian, Kharma, Lady Satan, the Navaho Warrior, G.Q. Gallo, Hawaiian Lion, V. Miz, the Funny Clowns, Mike Knox and Jack Bull.

There will be a free autograph session 5-6 p.m., April 17 at the Post Exchange, when you’ll have a chance to meet the wrestlers, get their autographs and take photos.

**Little League registration**

Youth Sports Little League baseball registration is in progress and will continue through April 2. The coed program is available to youth, 5-15.

All participants must be registered with Child and Youth Services. To register for CYS, call the Central Registration Office located in Murr Community Center or call 533-0738.

Cost of Little League baseball is \$35 for one child, \$25 for a second child, and \$10 for a third child. The maximum cost per family is \$75.

Youth will participate according to their age group as follows: t-ball/coach pitch, 5-7; minor baseball, 8-10; major base-



# Thunder Mountain 10K, 5K are Saturday



It’s time to get in shape for the Thunder Mountain 10K and 5K competitive runs, scheduled to begin at 7 a.m., Saturday. The runs are open to all.

Runners will compete in the following categories: active duty military male and female; open division male and female; and master’s division male and female (40 plus).

Entry fees will be as follows for the 5K run: active duty military, including race shirt, \$12; active duty military, without race shirt, \$5; civilian, with race shirt, \$14; and civilian, without race shirt, \$6.

Entry fees for the 10K run will be: active duty military, with race shirt, \$15; active duty military, without race shirt, \$8; civilian, with race shirt, \$20; and civilian, without race shirt, \$10.

If you’re not interested in the competitive runs, there will be several other activities in which you can participate, including: a 10K bike tour which begins at 6:55 a.m. and consists of a leisurely ride of 6.2 miles, on pavement (helmets required); a lei-

surely 5K walk/jog, with or without your dog, which begins at 6:58 a.m.; and a “diaper dash,” beginning at 7:45 a.m., for toddlers three and under, in which mom or dad guides their future runner from 15 yards out, across the finish line.

Cost of each of these events is \$3 per person, and ribbons will be awarded to all finishers in each of the events.

All races, including the 10K and 5K competitive runs, will begin at Barnes Field House.

Entry forms for all events are available at Barnes Field House or Eifler Fitness Center. Entry forms for the competitive runs only are also available on the Internet at <http://active.com/>.

Visitors and guests to Fort Huachuca are reminded to use the Main Gate and to allow an extra five minutes for the issuance of a pass to enter the fort. The 36th Army Band will provide live music during the event.

For more information, call race director Michelle Kimsey at 533-5031/533-3246 or e-mail [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil).

ball, 11-12; junior baseball, 13-14; and senior baseball, 14-15.

For more information or to register, call Youth Services at 533-3212.

**Win at Desert Lanes**

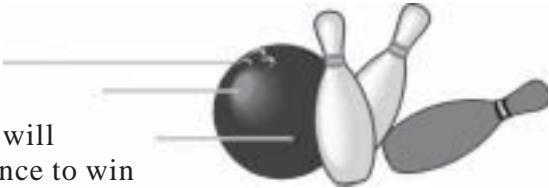
Desert Lanes is giving you the chance to make some “easy money” starting at 9:30 p.m., March 26, and continuing every Friday thereafter.

Bowlers will compete in a 3-game, colored pin bowling series. By getting strikes or picking up splits when colored pins are set, bowlers can win cash or free games.

In addition, the high series male and female will each win free entry to bowl in “easy money” the following week.

The entry fee is \$12 per person, but bowlers will have the chance to win back their entry fee.

For more information, call 533-2849.



**PayDay Scramble at MVGC**

Mountain View Golf Course will hold a PayDay Scramble with an noon shotgun start March 26.

For more information, call 533-7088.

**New hours at Barnes Pool**

Barnes Pool will begin a new, post-wide physical training profile program 1-2: 30 p.m., March 29. The program will be available Mondays, Wednesdays and Thursdays for anyone who’s on profile on Fort Huachuca.

Open swimming will be available 1-2:30 p.m., Tuesdays and Fridays only. For more information, call Pool Manager Karlie Jo Hale at 533-3858 or 266-0253.

**Box Office has tickets for Rod Stewart concert**

The MWR Box Office has tickets available now for Rod Stewart in concert Aug. 4 at the Tucson Convention Center.

The Box Office has tickets for other upcoming events at the TCC including: April 16-18, Saturday Night Fever; April 22, Mariachi Showcase; and April 23, Mariachi Espectacular. They may be purchased 10 a.m.-4 p.m., Monday-Friday.

The 16th Annual Arizona Renaissance Festival and Artisan Marketplace continues weekends through Mar. 28, at Apache Junction, Ariz. Gates open at 10 a.m. and close at 6 p.m. Save by purchasing advance tickets for this event at the MWR Box Office.

For more information, call 533-2404 or drop by the MWR Box Office located in the MWR Plaza, Building 52008 on Arizona Street, 9 a.m.-5 p.m. Monday-Friday.

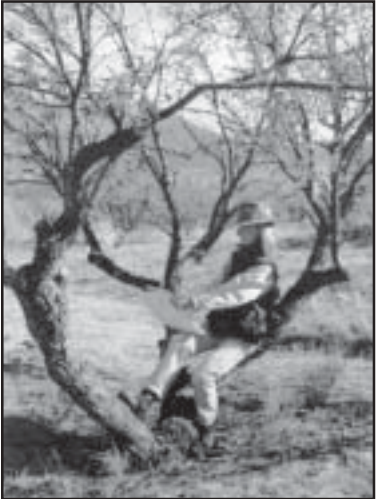
**Arts Center offers watercolor class in April**

The MWR Arts Center will offer a class in basic watercolor techniques from 10 a.m.-noon, April 3, 10, 17 and 24. Cost of the watercolor class will be \$50 for the four sessions.

The class will be taught by Cochise County artist Cindy Betka.

Betka will also teach a basic drawing class at the Arts Center. The class will be composed of layout, draftsmanship, light, shadow and composition, sketching still life and outdoor landscapes. The cost will be \$35. Call for exact dates and times of the drawing class.

The hours of operation at the MWR Arts Center are: 9 a.m.-5 p.m., Friday and Saturday; noon-8 p.m. Tuesday, Wednesday and Thursday; and closed Sunday and Monday. It is located on the corner of Hatfield and Arizona Streets, in Building 52008. For more information call, 533-2015.



Cindy Betka

# MWR Rents brings you to outdoors at low cost



Photos by Spc. Matthew E. Chlosta

**Safety checks of equipment are a priority for MWR Rents’ customer, 1st Sgt. William West, Headquarters and Headquarters Company, 11th Signal Brigade, right, and David Wall, manager MWR Rents, left.**

**BY SPC. MATTHEW E. CHLOSTA**  
SCOUT STAFF

Birds are chirping, the sun is peeking out from the clouds more often, the weather is getting nicer, spring is here and the Morale Welfare and Recreation Rents has many diverse offerings to help military personnel, friends and family enjoy their time in the sun.

MWR Rents offers a huge selection of indoor and outdoor recreational equipment and sporting goods for rent including: recreational vehicles storage; deals on wheels (resale lot next to Burger King on post); sporting equipment; televisions; DVD players; camcorders; camping equipment; rollaway beds and even a cabin located in the lower Garden Canyon area.

“We will have two new cabins that are two rooms with a double bed and two bunk beds,” said David Wall,

business manager, MWR Rents. “They will be erected soon. The location is not known at this time.”

MWR Rents’ various offerings are available to, “all enlisted personnel and their dependents; retired military and civilian employees of DOD [Department of Defense],” Wall said.

MWR Rents exists to better the morale, welfare and recreation of our enlisted troops, Wall said.

Rentals run from \$.50 to \$250 a day depending on what the person rents, Wall added.

Also, MWR Rents offers monthly specials. March’s special offer is: “Use any ‘A Frame’ camper during the month of March for fifty-five dollars for the weekend,” Walls said.

MWR Rents also offers training and licensing to patrons who want to rent



**The cabin in Garden Canyon offers a ‘ruffing it’ experience.**



# Time Out Briefs

## ASEC examinations

The Automotive Service Excellence Certification Examinations will be administered May 4, 6, 11 at the Army Education Center, Building 52104, Room 3. Three tests are funded for active duty Soldiers with eligible MOSSs. Unfunded test are \$24 each for regular tests and \$48 for advanced tests. All examinees must pay the \$31 registration fee.

For more information, call an Army Education Counselor at 533-3010, or visit the Education Center. Deadline for registration is noon today.

## Cochise County Master Gardener class

The master gardener training starts Wednesday. Classes will meet each Wednesday for 14 weeks from 10 a.m. until 1 p.m. at the University of Arizona South in Sierra Vista.

Sessions cover basic botany, soil science, entomology, pesticide use, landscape design, plant pathology and more. Cost is \$120 and includes the Master Gardener manual and shirt.

For more information or to register, call 458-8278 ext. 2141.

## March gallery exhibition

The Huachuca Art Association's exhibition, titled "Multiple Personalities," will be at the Gallery through March 28. Visitors are welcome to this free event. This exhibition features artist Susan Boyle and includes the work of other association artists.

The Gallery is open noon to 4 p.m. Thursdays through Sundays. For an appointment outside these hours, call March show coordinator Boyle at 459-2995. The Gallery is located at 3816 Astro St. in Hereford. For more information contact HAA President, Jim Coleman, at 803-0727 or Gallery Directors, Ethel and Ron Price, at 417-9686.

## Weekly Sunday night teen groups

Middle school teens meet from 4 to 5 p.m. at the Main Post Chapel and high school teens meet from 5:30 to 7 p.m. at the Main Post Chapel. There will be no meetings April 4 and 11 (Palm/ Easter Sunday).

Schedule of events:

- Friday Service Project Party/Awards Ceremony 4:30-5:30pm at Main Post Chapel
- Saturday middle school family potluck and open house at Youth Center\*
- March 26 high school mini-golf/pizza\*
- March 27 high school family potluck and open house at Youth Center\*
- April 3 middle school paint ball\*

\*You must register for these events!

## Arizona Blossom Festival

Quilts will bloom from the walls of Arizona State University West on Friday and Saturday. Arizona Blossom Festival is the theme of this year's Arizona Quilters Guild annual quilt show. The two-day show will display more than 300 quilts made by quilters throughout Arizona. It features quilts of all styles and sizes...from traditional bed quilts to miniatures to "studio" or art quilts for the wall.

The show runs Friday 9 a.m. - 6 p.m. and Saturday, from 9 a.m.- 4 p.m. Admission is \$5; \$2 for AQG members.



For more information, visit [www.azquiltersguild.org](http://www.azquiltersguild.org) or email [showquestions@azquiltersguild.org](mailto:showquestions@azquiltersguild.org) or call 602-220-9889

## Pre-season softball tournament

A pre-season softball tournament will be held March 27 and 28. The coaches' meeting for the tournament will be held at 10 a.m., Monday at Barnes Field House. Entry deadline for the tournament is also Monday.

An entry fee of \$100 per team is required.

For more information, including eligibility requirements, or an application, contact Tom Lumley at 533-5031, 533-3246 or e-mail [thomas.lumley@hua.army.mil](mailto:thomas.lumley@hua.army.mil).

## Celtic Culture Series at college

The Cochise College Cultural Diversity Committee and the college Irish Literature class opens the 2004 Celtic Culture Series, featuring "Folk Memories of the Irish Famine," a lecture presented by Mary Watts, and "Celtic Fiber Arts," a lecture and demonstration by Holly Kemp. This joint presentation takes place from 12:15 to 1:30 p.m. Wednesday in Room 708 on the Sierra Vista campus.

Marc Bellassai (flute, pennywhistle, bagpipes), Mike Egan (bodhran), and The Gaelic Philharmonic will perform an informal Celtic music jam (ceilidh) from 12:15 to 1:30 p.m. May 10 on the lawn of the Sierra Vista campus. Local musicians are welcome to bring their instruments and participate.

All Celtic Cultural Series events are free and open to the public. For more information, email [weaverm@cochise.edu](mailto:weaverm@cochise.edu) or call Mary B. Weaver at 515-5499 or 515-0500.

## Greyhound adoption

The Greyhound Adoption League of Sierra Vista hosts a Greyhound Adoption Day on the last Saturday of each month. The next Adoption Day for Sierra Vista and the surrounding area is 10 a.m. - 2 p.m. on March 27. The adoption days are held at Ramsey Canyon Feed and Pet Store, located at 4107 E. Glenn Road in Sierra Vista.

The available dogs are ex-racers, recently retired from the track, and the Greyhound Adoption League is dedicated to their rescue and placement.

This program is also in need of foster/temporary homes for these beautiful dogs.

For more information, call 378-1763.

## Passover meal

The Fort Huachuca Jewish Community would like to extend a warm welcome to all who would like to join then in the Annual Community Passover. All religious affiliations and the curious are encouraged to attend.

The traditional Passover meal will be at 6 p.m. on April 5 in the Main Post Chapel Activity Room.

There will be no charge for families of E5 and below. For all others the cost is \$10 for adults; \$5 for children 13 and over (not to exceed \$35 per family). Children 12 and under are free. Single Soldiers and students are encouraged to attend.

Reservations are required. Deadline is March 29. For more information or reservations, call 533-6731.

The Seder committee is actively seeking volunteers for setup and cleanup.

For more information, call 533-6731.

## Trekkers meeting

The Thunder Mountain Trekkers meet the last Tuesday of each month. Their next meeting is at 7 p.m. on March 30, Sulpher

Springs Valley Electric Corp. conference room, 311 Wilcox Dr. Sierra Vista Planning is underway for their internationally sanctioned walking events to be conducted in 2004.

The Trekkers are an internationally sanctioned non-competitive sports club, sponsoring four weekend walks and eight year round events in Arizona. The weekend events are normally linked to either local or national events, such as March for Parks, National Trails Day, and Earth Day. The year round events consist of walks at the Coronado National Memorial; Fort Huachuca; Naco, Ariz, to Naco, Sonora, Mexico; historic Bisbee; the "Town to Tough to Die," Tombstone; Benson; and Sedona. These exciting and unique wandering activities involve everyone regardless of age or physical condition.

For more information, call Wendy or Dave Breen at 378-1763.

## Combat medic memorial run

The 7th annual combat medic memorial 10K and 2k fun run/walk will be held at 8 a.m. on April 10 at Raymond W. Bliss Army Health Center. Check in and registration will be held between 6:30 and 7:30 a.m.

Early registration is \$10, or \$12 the day of the race. Early registration must be postmarked by March 31.

For more information or to register, call Staff Sgt. Joshua Baker at 533-5050 or Barbara Chavez at 533-8009 or 803-1526



## Journalism scholarship offered

Arizona high school students who wish to study journalism at an Arizona college or university may be eligible for assistance from the Betty Latty-Hurlburt Memorial Journalism Scholarship, sponsored by Arizona Press Women and the Arizona Newspapers Foundation.

Arizona Press Women, a statewide organization of professional communicators, established the \$500 scholarship honoring the memory of Betty Latty-Hurlburt, a Phoenix journalist who died in 1997.

Application deadline is March 31. The winner will be honored at a luncheon in May. For further information or applications, contact Arizona Press Women in Phoenix at (602)279-5130; fax (602)274-5171 or email [PRStevensn@aol.com](mailto:PRStevensn@aol.com).

## Wine, cheese tasting

Fort Huachuca Community Spouses club is hosting a wine and cheese tasting and art auction featuring local vintners and their wines. There will also be some local artists' works up for auction, along with donated art and pottery/ceramics from local businesses in Sierra Vista, Tubac and Bisbee.

The event will be held at 7 p.m. on April 2 at the Windemere Hotel in Sierra Vista. Cost is \$20 per person and is open to the public.

The Windemere Hotel will be offering a package deal for a room and tickets to the event.

# At The Movies

Showing at the Cochise Theater for the next week are:

<b>Today</b> Calendar Girls, PG-13	7 p.m.
<b>Friday</b> Win A Date With Tad Hamilton, PG-13	7 p.m.
<b>Saturday</b> Barbershop 2, PG-13	7 p.m.
<b>Sunday</b> You Got Served, PG-13	2 p.m.
<b>Monday-Wednesday</b> Closed	

Thursday movies are 99 cents. All other showings are \$3 for adults and \$1.50 for children.

# Pets Of The Week

**Patch is an energetic dog who is very good with other animals.**

**T.J. is a quiet Dalmatian who needs a home where he will be loved by everyone.**

**Jade is the kind of cat who likes to have other friends to play with.**

**Grunt is a playful pup who needs a good home where he can run and play.**

*Editors note: Animals are available for adoption at the post veterinary clinic. For more information, call 533-2767.*

# Winding Road You could say ‘gone fishing’

**BY KAREN WEIL**  
THE SCOUT STAFF

Next week marks the beginning of spring, and clear, crisp weather! It's ideal time for fishing in Southern Arizona, and there are some terrific places to catch bass, trout or catfish.

Spring is an excellent time to fish in this part of the state, before summer brings the monsoon, (which on its own certainly helps lake levels).

Parker and Patagonia lakes are nearby and ready for reelers. Here's some information on both lakes.

**Parker Canyon**

Constructed in the mid 1960s by the Arizona Game and Fish Department, this lake is a definite favorite, and not just for its rainbow trout, sunfish, catfish and largemouth bass.

Parker Canyon Lake is located 28 miles from Sierra

Vista (28 miles southeast of Sonoita, west of the Huachuca Mountains).

It is 130 acres, with an elevation of 5,380 feet.

There is a fishing pier, paved boat ramp, courtesy dock, parking lot, restrooms, hiking trail, general store (which offers fishing supplies and licenses) and a 65-unit campground. Please note that the area is remote, which could create some access issues for the physically handi-

capped.

Boats with 8 horse power single motor or less are allowed, and there is no limit on pike fish – although if fishers intend to keep them, they must kill the fish immediately. Parker Canyon Lake does post fish consumption warning signs.

Parker Canyon Lake can be accessed via Sonoita (turn off at exit 83) or through the post (use the West Gate entrance, and stay on Cimarron Road and then head

south on Highway 83).

If you want more information, including any fees, on Parker Lake, call the Sierra Vista Ranger District at 378-0311. The Ranger District office is located on Highway 92 in Hereford.

**Patagonia Lake**

This large lake – located 12 miles north of Nogales -- attracts folks from all over, espe

See **FISH**, Page B6



# Soccer Schedule

## Coed intramural soccer

Time	Location	home	away	Huachuca division	home	away
Cochise division						
Today						
6 p.m.	Pauley Field	Company B, 305th #1	Company A, 306th	7 p.m. Pauley Field 8 p.m. Pauley Field	Company E, 309th Company E, 305th	NCOA Company B, 305th #2

### Monday

Co. B, 305th #1 defeated NETCOM, 3-1 Co. A, 309th defeated DFAC, 3-1	Co. E, 305th defeated Co. C, 305th, by forfeit Co. C, 305th forfeited out of league
(Note: Co. C, 305th was forfeited out of the league as ofMonday. All team standings have been adjusted as if Co. C, 305th hadn't participated in the league. Also, the Commander's Cup Intramural Soccer Tournament will be held Monday through March 26. The top four teams from each division will be eligible for the playoffs and each team will be seeded based on their regular season record. For more information on scheduling conflicts or questions, call Michelle Kimsey at 533-5031.)	

# Soccer Standings

Cochise division	won	lost	Cochise division	won	lost	Huachuca division	won	lost
Co. B, 305th #1	6	0	Co. C, 304th #2	0	5	USAG	3	3
JITC	4	2	Huachuca division	won	lost	Co. E, 309th	2	4
Co. A, 306th	3	1				Co. D, 40th Sig.	2	4
Co. A, 309th	3	2				Co. B, 305th #2	1	4
MEDDAC	3	3				Co. C, 305th	1	5
DFAC	2	3				HHC 111th MI	0	6
NETCOM	1	5	Co. E, 305th	6	0			
			Co. C, 304th #1	6	1			
			NCOA	4	2			


# Youth Basketball Schedule

## Youth basketball

Time	Team 1	Team 2	Location	6 p.m.	A	E	SMS
Pee Wee League, 5-6				6 p.m.	5	B	AMS
March 27				7 p.m.	6	C	AMS
8 a.m.	B	2	YC	8 p.m.	7	D	AMS
9 a.m.	A	4	YC	March 27			
10 a.m.	C	6	YC	11 a.m.	2	A	AMS
Mighty Mite League, 7-8				noon	3	D	AMS
Wednesday				1 p.m.	6	E	AMS
5 p.m.	C	2	YC	2 p.m.	B	4	YC
5:45 p.m.	8	E	HM	3 p.m.	F	7	YC
6 p.m.	D	7	YC	4 p.m.	C	8	YC
March 27				Junior League, 11-12			
8 a.m.	D	E	YC	Wednesday			
9 a.m.	A	7	YC	6 p.m.	2	B	SVMS
10 a.m.	B	2	YC	7 p.m.	A	1	SMS
noon	6	C	HM	March 27			
Bantam League, 9-10				9 a.m.	1	4	SVMS
Wednesday				10 a.m.	C	5	SMS
				10 a.m.	6	B	SVMS
				11 a.m.	A	3	SMS

## Senior League, 13-15

Wednesday			
7 p.m.	1	2	SVMS
March 27			
11 a.m.	4	1	SVMS
noon	A	2	SMS
1 p.m.	B	3	SMS



Youth basketball game locations key:

AMS - Apache Middle School (Sierra Vista)  
HM - Huachuca Mountain Elementary School (Sierra Vista)  
YC - Fort Huachuca Youth Center (Fort Huachuca)  
SVMS - Sierra Vista Middle School (Sierra Vista)  
SMS - Smith Middle School (Fort Huachuca)

(Note: No games will be played through Tuesday due to spring break. Games will resume on Wednesday. For more information, call Deborah Wambach at 533-5372.)

**FISH**, from Page B4

cially fishing enthusiasts. Fans of the lake have posted messages on the Web boasting of the fish they caught there!

According to [FishinAZ.com](#), Patagonia Lake is stocked with rainbow trout, largemouth bass, crappie, sunfish and channel and flathead catfish. Its marina is open seven days a week, and offers fishing licenses, bait, supplies and will even rent you a boat, if needed.

It’s a big lake – 260 acres and 85 feet in its deepest spot -- with lots of islands, coves and covered bays. Above all, it offers plenty of recreational opportunities – even bird watching!

Along with fishing, there are campgrounds, picnic tables and restrooms with showers – after all, the lake is also a great place to take a refreshing swim or water ski.

Just north of the lake is the Nature Conservancy’s Patagonia-Soncita Creek Preserve, featuring rare or sensitive native species in Soncita Creek (although fishing for these critters is not allowed.)

Campsite fees are \$5 day per vehicle, \$10-\$15 a day for camp-sites or \$1 per person for pontoon birding tours. For more information, contact Patagonia Lake State Park (520) 287-6965; the office is located at Patagonia Lake Road.

# AAFES pursuing The Passion of the Christ

**AAFES NEWS RELEASE**

As The Passion of the Christ continues to draw strong numbers at the box office of civilian theaters, America’s military audience continues to wait for an opportunity to see the film. According to the Army & Air Force Exchange Service the overwhelming commercial success of

the film is proving to be tough news for military audiences. According to AAFES’ Vice President of Food and Theater Richard Sheff, “the demand is outpacing copies of the film.”

Since The Passion of the Christ opened, AAFES has been actively pursuing acquisition of the movie. Unfortunately, due to the film’s commercial success, AAFES has been

unable to acquire prints for military audiences. “The civilian market has a lock on the film today,” said Sheff. “It is our hope that Newmarket Films will either produce additional prints or allow AAFES to obtain existing prints as soon as possible.”

Either way, AAFES officials are sure that The Passion of the Christ will eventually make it to the mili-

tary audience. “Because of the film’s success it is difficult for AAFES to say when The Passion will be available,” said Sheff. “However, I would like to assure service members that as soon as the distributor releases prints to AAFES, “Reel Time Theater” marquees will read ‘Now Showing,’ The Passion of the Christ.”

## At The Library

**Best sellers**

**Hardcover fiction**

1. 3rd Degree, by James Patterson and Andrew Gross
2. The Da Vinci Code, by Dan Brown
3. The Last Juror, by John Grisham
4. The Five People You Meet In Heaven, by Mitch Albom
5. Ransom, by Danielle Steel

**Hardcover nonfiction**

1. Deliver Us From Evil, by Sean

**Audio books**

Black Sun	Terry C. Johnston	Swann's Way	Marcel Proust
Devil's Backbone	Terry C. Johnston	Lost Boy, Lost Girl	Peter Straub
Hot Ice	Nora Roberts	Street Dreams	Faye Kellerman
Letters from the Earth	Mark Twain	Wingman: The Ghost War	Mack Maloney
Standing in the Rainbow	Fannie Flagg	Sunday Wife	Cassandra King

**Hannity**

2. The Passion
3. American Dynasty, by Kevin Phillips
4. The Price Of Loyalty, by Ron Suskind
5. The Fabric, by Brian Greene

**Paperback fiction**


1. Angels & Demons, by Dan Brown
2. The Guardian, by Nicholas Sparks
3. Dead Aim, by Iris Johansen
4. Lost Light, by Michael Connelly

**Paperback nonfiction**

1. The Devil In The White City, by Erik Larson
2. Reading Lolita In Tehran, by Azar Nafisi
3. Tuesdays With Morrie, by Mitch Albom
4. Sex And The City: Kiss and Tell, by Amy Sohn
5. Touching the Void, by Joe Simpson

## Channel 97

### Tune into CAC for troop information, late breaking fort news



Tune in to the Commander’s Access Channel (Channel 97) for up-to-date community news, latest in military news and information from Fort Huachuca and around the military.

The Fort Report airs at 3:30

p.m. weekdays with video highlights of local events.

This week, see highlights of the Command Sergeant Majors’ Conference, civilian award ceremony, new Army physical training, and Water Wise.

At 4 p.m. weekdays Army Health Watch airs. The ephedra ban, whooping cough and mad cow are included in this week’s edition.

Don’t miss the Live Town Hall on Channel 97 from 6 to 7 p.m. on Tuesday hosted by Maj. Gen. James “Spider” Marks, commanding general, United States Army Intelligence Center and Fort Huachuca. Stay tuned to Channel 97 for the phone number to call in with your questions.

To get your message on the Commanders Access Channel, e-mail [channel97@hua.army.mil](mailto:channel97@hua.army.mil).